

Cooking for Kids

Recipe Sizing Report

Page 1

Apr 13, 2022

000061 - Parmesan Chicken w/ Spaghetti :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 799939 GARLIC,RAW.....	1 qt 1/2 cup	1. Mince onions and garlic. Cook on medium heat until onions start to turn translucent, about 1 minute.
051502 Tomato Sauce, Low-sodium, Canned..... 051500 Tomato Paste, No Salt Added, Canned... 002030 PEPPER,BLACK..... 901071 OREGANO LEAVES,DRIED..... 901561 THYME LEAF,DRIED.....	36 lbs 6 lbs 1/4 cup (ground) 2 qts + 2 cups 1/2 cup	2. Add tomato products and herbs and simmer for 25 minutes. Adjust the taste with more herbs if needed.
902995 SPAGHETTI, WHOLE GRAIN, DRY..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	24 lbs 16 gals	3. Cook spaghetti in boiling water for 7-10 minutes. Pasta should be tender but not mushy.
902954 Chicken Breast, Breaded WG.....	100 Each	4. Place chicken breast on sheet tray with parchment and bake in 350° F oven for 15 minutes or until internal temperature reaches 165° F.
001032 CHEESE,PARMESAN,GRATED..... 051558 Cheese, Mozzarella, Lite, Shredded.....	1 qt 6 lbs	5. Remove from oven and sprinkle with parmesan and mozzarella cheese. Place in warmer to melt cheese (chicken should not be in warmer for more than 20 minutes before serving). 6. Mix together pasta and tomato sauce and hold hot for service. To serve, place 1 cup of pasta on tray and top with chicken breast.

*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	795 kcal	Cholesterol	38 mg	Sugars	*10.0* g	Calcium	*220.59* mg	23.84%	Calories from Total Fat
Total Fat	21.05 g	Sodium	766 mg	Protein	42.73 g	Iron	*9.81* mg	6.18%	Calories from Saturated Fat
Saturated Fat	5.46 g	Carbohydrates	118.28 g	Vitamin A	*1171.9* IU	Water ¹	*613.52* g	*0.04%*	Calories from Trans Fat
Trans Fat ²	*0.04* g	Dietary Fiber	19.58 g	Vitamin C	*13.1* mg	Ash ¹	*1.31* g	59.53%	Calories from Carbohydrates
								21.51%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.